

GRAPEVINE

VISITACION VALLEY

NUMBER 204

SERVING OUR COMMUNITY

JULY 2003

Valley Residents Updated on Light Rail Construction



Neighborhood residents (top) attended a June 14 meeting of the Visitacion Valley Planning Alliance for an update on the Segment F construction of the Third Street Light Rail on Bayshore Boulevard. Among the speakers were Cynthia Gi, a community relations specialist for Segment F, and Ha Nguyen, the segment's project manager. Other topics discussed were the Community Jobs Program and more employment for Valley residents Muni projects.

Hundreds Attend Visitacion Valley Middle School Graduation

More than 700 guests attended the 32nd annual Visitacion Valley Middle School (VVMS) promotion activity at Burton High School on June 5.

Former VVMS principals Frannie Peagler, Joe Miller, Genn Wold, John Flores and Charles Robinson were all on hand to take part in the event and hand out awards and trophies. Both Mr. Sayon Jackson and Ms. Kitty Pena were awarded medals as outstanding parent representatives to VVMS in the last three years. The class of 2003 will be attending a number of high schools in the fall. A list of the graduating class is on page 3.

VVMS in Speech Contest

On May 30, VVMS students participated in its first annual speech contest with the theme: *Democracy*. In preparation for their speeches, students researched inspirational role models, including: Ghandi, Martin Luther King, Jr., Cesar Chavez and Nelson Mandela. Individual speeches addressed issues of non-violence, racism and the power of unions.

Winning the school-wide award was Talha Sheik with a compelling speech about working together for non-violent change. Grade-level winners included: 6th grade: Noruel Isip; 7th grade: Felipe Mendietta; 8th grade: Christopher Almoquera. Mary Price IRF (Instructional Reform Coordinator) coordinated the event.

Many of the curriculum materials needed to prepare students in writing their speeches were provided by VVMS

reform partner: Voices Inc. Students first polished their oratory skills in class before participating in the school-wide contest. All students who took part received a certificate of participation and were commended by their teachers, who noticed a significant improvement in their students' reading, writing and oratory skills.

New Paint Job for VVMS

For the first time in 31 years, VVMS will be getting a fresh coat of paint – inside and out – during the summer months, thanks to a concerted effort by parents, community members and school staff. San Francisco Unified School District provided \$368,000 for the project, which began on June 9. Jackson Sayon, parent representative and VVMS Principal James Dierke jointly announced the news to the School Suite Council at a May 30 meeting.

Working Around the Painters

Visitacion Valley Community Beacon is working around the painters and holding its various programs at VVMS this summer while summer school students are attending classes at Luther Burbank Middle School. Said one old timer at the middle school said when told on the paint job, "It's about time!"

Grant for New Computers

This August, VVMS will receive 85 new Dell computers and printers for classroom use by teachers and students after earlier receiving a \$168,000 grant. Five computers – complete with in-service – will be

placed in each classroom.

"Wiring and electrical upgrades have existed at the school for some time but we lacked the computers," said Principal Dierke. "Now we can really apply technology in the classroom."

National Recognition for Teachers

Members of the 8th grade faculty of VVMS – under the leadership of Mr. Thomas Graven and Ms. Elizabeth Abrahams – wrote a grant to the San Francisco Education Foundation and received a \$5,000 grant to fund project *San Francisco*. During the school year, the project calls for each 8th grade student to go on 10 field trips to points around San Francisco and learn about its culture, diversity, educational opportunities, and historical points of interest while seeing how various parts of industry and government work. Mr. Graven was selected to receive the San Francisco Education Fund *Golden Apple Award* for his work on the project and will receive a special \$1,000 prize in December at the annual meeting of the Education Fund.

See Page 3

Satellite Technology Used to Fight Rising Auto Theft

Vehicle thefts are on the rise after eight straight years of steady declines in the 90s, and police forces are finding it difficult to keep up with the increase. In fact, motor vehicle thefts rose 4.2 percent in the first six months of 2002 compared to 2001, according to last year's FBI Uniform Crime Report. Each year, the total value of all stolen vehicles is estimated at nearly \$8 billion.

The post-September 11 redeployment of law enforcement from auto theft task forces has made it essential for consumers to take active measures to prevent their vehicles from being stolen, according to the National Insurance Crime Bureau, a not-for-profit organization that fights insurance fraud and theft. Likewise, police agencies nationwide are looking for new options to help crack down on this growing trend.

Satellite technology is one of the latest tools helping police locate stolen vehicles. Automobiles equipped with in-vehicle safety and security systems can be located even when moving. The

Taxpayers to Receive Advance Child Tax Credit This Summer

WASHINGTON – Beginning the last week of July, eligible taxpayers who claimed the Child Tax Credit on their 2002 tax returns will automatically receive an advance payment of the 2003 increase in this credit, the Treasury Department and Internal Revenue Service announced recently.

Taxpayers will not have to take any action to get this advance payment of up to \$400 per qualifying child. The Treasury Department and IRS will perform all the calculations and automatically mail a notice and a check to each eligible taxpayer.

"The only thing the taxpayer needs to do is cash the check," said Mark W. Everson, IRS Commissioner. "If you qualify, we will send you a notice. There's no need to call, no need to apply, no need to fill out another form. The IRS will do all the work. A few days after the notice, you will get the check."

The checks – an advance payment of the 2003 increase in the Child Tax Credit – will be based on the child tax credit claimed on the taxpayer's 2002 tax return. The Jobs and Growth Tax Relief Reconciliation Act of 2003 increased the maximum child tax credit for 2003 to \$1,000 per child, up from \$600 for tax year 2002. The law further instructed the Treasury Department to provide the

difference – up to \$400 per child – as an advance payment to each eligible taxpayer this summer.

The Treasury Department will issue about 25 million of these checks this year, beginning with three principal mailings on July 25, Aug. 1 and Aug. 8. Taxpayers who filed returns after April 15 – for example, those with automatic extensions – will receive their advance payments after the IRS processes their returns. They should not make any change to their 2002 returns or remittances based on an expectation of an advance payment check.

The IRS will send notices to taxpayers on July 23, July 30 and Aug. 6, informing them of their advance payment amount. The IRS urges taxpayers to hold on to these notices for their 2003 tax returns. They will need to take the advance payment into account when determining the amount of their child tax credit on the 2003 tax return.

Taxpayers who are not eligible for the advance payment may still qualify for the increased child tax credit of up to \$1,000 when they file the 2003 tax return next year. For instance, a taxpayer who did not have a child in 2002, but had one in 2003, would not receive an advance payment but may qualify for the full \$1,000 credit on the 2003 tax return.

Higher Gas Prices Now on the Horizon

Gas prices throughout Northern California remain lower than they were a month ago but over the past week prices have begun to push upwards, according to the latest survey by AAA of Northern California.

"After experiencing declining gas prices since late March, motorists may be forced to get back on the gas price roller coaster," said AAA of Northern California spokeswoman Jenny Mack. "While prices continue to remain lower than they were a month ago, there are indications prices are on the rise again."

Northern California's average price is now \$1.85 for a gallon of regular, unleaded, a decline of 6 cents since AAA's last survey May 13. California's average has fallen 9 cents to \$1.82 per gallon for regular, unleaded. Nationally, prices are up a penny, to \$1.51, since the last AAA survey.

The average price for a gallon of regular, unleaded in the Bay Area has

fallen 8 cents to \$1.88. In San Francisco, prices have dropped 11 cents. A gallon of regular, unleaded in San Francisco now averages \$1.91.

According to the California Energy Commission, recent production problems at three California refineries have contributed to a jump in the wholesale price of gasoline. The rising costs are being passed along to consumers in the form of higher prices. During the past week, some Northern California cities have begun experiencing overnight price increases of as much as 8 cents per gallon. Additionally, the price of crude oil is on the rise amid speculation about high summertime demand and concern over the speed in which Iraq is returning to pre-war production levels.

"There is really never a good time for a refinery problem," said Mack. "But it's particularly problematic during the summertime when demand for gasoline is usually at its highest."

New Study Shows S.F. Restaurants Facing Declining Revenues and Increasing Closures

San Francisco's restaurant industry is suffering from the worst economic conditions in decades, according to a recent study by the Golden Gate Restaurant Association (GGRA).

In the last 14 months, more than 200 restaurants have closed, thousands of jobs have been lost, and revenue and profits have plunged at restaurants and in the overall visitor industry.

According to the report, The Economics of the San Francisco Restaurant Industry prepared by Dr. Kent Sims, an economist, the industry has been battered by fallout from the tragic events of September 11th, recession-reduced business and leisure

travel, and the concentrated efforts of the San Francisco Bay Area business slow down.

The GGRA study concludes that 168 more restaurants have closed than have opened since 2001, contributing to a loss of more than 2,000 restaurant industry jobs. The City had a net loss of 50 table service restaurants in just the first two months of 2003.

"Restaurants are squeezed from both ends with rising costs and decreasing revenues," said GGRA Executive Director Patricia Breslin. "This study confirms that the industry is facing extraordinary tough times."

Restaurant cost increases are driven by increases in the California minimum wage implemented in the last two years, the increase in the cost of health and workers' compensation insurance, and by substantial increases in fees and user charges controlled by City government. "This study concludes that there has been a significant decrease in the median percent of sales restaurants realize as income before taxes – from 5 percent in 2001 to 2.1 percent in 2002," explained Sims in his report. For most restaurants, this means their after-tax income is about half those percentages.

Median gross sales for San Francisco table service restaurants were \$1.1 million in 2002, and 2.5 percent of that is a slim \$27,500.

"With less money coming in and more money going out, most restaurants are just hanging on," explained Breslin. "These businesses certainly cannot absorb the 22 to 45 percent increase in operating costs associated with the citywide minimum wage looming at City Hall, especially when the City failed to recognize that most affected employees currently earn about four times the minimum wage when tips are included."

NARS

Events in July at Visitacion Valley Branch Library

Following are children's events scheduled at Visitacion Valley Branch Library, 45 Leland Ave. (at Desmond Street), in July. Call 337-4790 for further information.

**Mystic Pixies* will perform rhythmic dance and contortions for ages 3 and up on Tuesday, July 1 at 10:30 a.m.

**Insect Discovery Lab* brings millipedes, beetles, walking sticks and other arthropods to the neighborhood for ages 5 and up on Tuesday, July 8 at 1:30 p.m.. Space is limited. Call for reservations.

**Opera Piccola* performs *Hansel and Gretel* with help from the

audience for ages 5 and up on Thursday, July 17 at 2 p.m..

**Gunnar Madsen*, the Grammy-nominated songwriter and founder of The Bohs, performs witty and engaging music for the whole family for ages 3 and up on Tuesday July 22 at 3 p.m..

**Bonnie Lockhart* performs songs and games from around the world for ages 3 and up on Tuesday, July 29 at 10:30 a.m.

Teen Summer Read, where teens ages 13-18 can win gift certificates from Borders Books for reading, continues at Visitacion Valley Branch through July 26.

Grapevine Mailbox

Building Multifamily Homes in the City

Dear Editor:

For anyone who owns land in San Francisco, now is the time to build multifamily housing. It's not just that the need has never been greater – even with an economy hard-hit by the dot.com bust and a decrease in tourist dollars, limited new construction combined with a high quality-of-life have kept our rents well above what median-income households can afford. But the financial and social climates are decidedly in developers' favor.

HUD-insured loans have never had better terms or been easier to secure. These loans are currently at fixed rates under 5.5 percent, and include 40-year fully-amortized non-recourse construction and permanent financing for one price. The agency provides some of the most comprehensive financing packages for pre-construction, building, and mortgages.

The loan insurance processes have been streamlined and simplified, making the programs easier to use and available to a wider range of developers for projects with at least 16 units. The city gives additional price-breaks to plots proximate to major transit by reducing parking minimums – that's a savings of as much as \$100,000 per space. And with essential services workers including firemen, nurses, and teachers fleeing San Francisco for lower rents in outlying areas, neighborhoods are more open to the development of projects that combine market-rate, workforce, and affordable housing that keep our communities healthy.

This year's respected PCBC building conference is hosting three days of sessions identifying trends in multifamily housing. Their focus should be seen as a call to action to all those with developable property in the city. Mike Hilliard, AIA, President, Hilliard Architects, Inc.

Understanding the Real Deal on Your Credit File Privacy

An anonymous email containing false and misleading information about the use of your personal information is showing up in email in-boxes across the country, leaving many consumers concerned and confused.

Here's what the bogus email says:

"Just wanted to let everyone know who hasn't already heard, the four major credit

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome; under 8 must be accompanied by an adult. Museum admission is free with \$3 per person workshop fee. Call 554-9600 for further information.

*July 5: *Mini Volcanoes*. Check out igneous rocks with a video microscope and make a mini volcano that really erupts.

*July 12: *Butterfly Hike and Art*. Join a guided hike to explore Corona Heights and discover the amazing insects that live there. Then, make a butterfly to take home.

*July 19: *Raku Ceramics*. Glaze a Raku pot and watch a red-hot Raku firing demonstration.

*July 26: *Insect Art*. Make a crayon rubbing of an insect, then design and decorate it with watercolors.

Other regular Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. (\$5 per person fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

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In Celebrating Independence Day

by Assi, Speaker pro Tempore

Leland Y. Yee, 12th Assembly District. Americans delight in celebrating birthdays. The Fourth of July – Independence Day – is our nation's birthday, and something we can all celebrate together.

People – usually politicians – make speeches on this holiday, and there are parades and picnics, floats and costumes, game booths, boating, arts and crafts, barbecues, sack races, fun runs, shoe scrambles, egg races, one- and three-legged hopping contests, bicycle competitions, and, of course, fireworks.

The Fourth of July is also a day on which we remember the origins of our freedoms, a day on which we pay tribute to the Declaration of Independence, the document that led the way to a new nation and to a way of life envied throughout the world.

We often forget just how much the men who signed the document stood to lose and what great risks they took. They put their fortunes and their lives on the line, ignoring those who warned them to be cautious. They were brave, daring men and the lure of freedom and justice far outweighed caution in their minds and in their actions.

The Declaration of Independence reflects our nation's founding and its heritage, as alive and vital today as it was 227 years ago. However, 227 years ago, the Declaration of Independence did not give the men and women in the newly created country all the answers to freedom and self-government.

While the Declaration of Independence was the blueprint and provided the impetus for our revolution and our attempt at self-government, it was the Constitution that cemented those plans. Over the next two centuries, it was up to all those who followed the framers of the Constitution to make the internal changes that enabled our experiment to survive.

Former Justice, Thurgood Marshall, said that he did not believe that "...the meaning of the Constitution was forever 'fixed' at the Philadelphia Convention."

Understanding the Real Deal on Your Credit File Privacy

bureaus in the U.S. will be allowed, starting July 1, to release your credit info, mailing addresses, phone numbers... to anyone who requests it. If you would like to "opt out" of this release of info., you can call 1-888-567-8688. It only takes a couple of minutes to do."

Here's the real deal from the Federal Trade Commission (FTC), the agency that enforces the Fair Credit Reporting Act (FCRA).

The July 1 deadline relates to the Gramm-Leach-Bliley Act (GLB), which set July 1, 2001 as the deadline for financial institutions to give you notice of their privacy policies and a way for you to opt-out of some of their information-sharing practices. You may recall getting mailings or statement inserts recently from your financial institutions, creditors, insurance companies and brokerage

firms about this. The July 1 date is not a deadline for consumers to do anything. In fact, consumers can contact their financial institutions anytime to opt-out under GLB.

Credit bureaus can release your credit information only to people with a legitimate business need, as recognized by the FCRA. For example, a company is allowed to get your report if you apply for credit, insurance, employment, or to rent an apartment.

In addition to the uses described above, lenders and insurers may use information in your credit file as a basis for sending you unsolicited offers of credit or insurance. This is known as "prescreening." However, you have a right to opt out of these offers. The toll-free number 1-888-567-8688 is the "opt-out" line for the major credit bureaus for "prescreened" offers only.

In his words, it required "several amendments, a civil war, and momentous social transformation to attain the system of constitutional government, and its respect for the individual's freedoms and human rights, we hold as fundamental today." Throughout the years, amendments to the Constitution have added voting and civil rights to those to whom they were denied in the original document, including African-Americans and women, for example.

As former Chief Justice Burger said, "The Constitution is not perfect by any means but...let's keep it."

While neither the Constitution nor the Declaration of Independence were "perfect" documents, they still contained such passion for the rights of man that they worked...and they still work. As the years passed, the documents declared freedom for blacks, women, and others who were not included at the time of the original documents. We have evolved into a diverse society that truly strives for "freedom and justice for all."

On this Fourth of July, while they reflect on our recent battles with forces and people with no understanding of our rights, millions of Americans will remember that it is inherent in the very fiber of the human race to fight for such rights as freedom and self-determination.

Let us remember the words of Thomas Jefferson, the primary writer of the Declaration of Independence, when gravely ill, on June 24th, 1826, he sent a letter to Roger C. Weightman declining an invitation to come to Washington D.C., to help celebrate the 50th Anniversary of the Declaration of Independence. It was the last letter Jefferson ever wrote, and in it he says of the document:

"May it be to the world, what I believe it will be... the signal of arousing men to burst the chains... and to assume the blessings and security of self-government. That form, which we have substituted, restores the free right to the unbounded exercise of reason and freedom of opinion. All eyes are opened, or opening, to the rights of man... For ourselves,

let the annual return of this day forever refresh our recollections of these rights,

and an undiminished devotion to them."

Let the annual return of this day forever refresh our recollections of these rights,

and an undiminished devotion to them."

School Community Policing Partnership Helps in Combating School Violence

by CA Attorney General Bill Lockyer

This month, my office, in partnership with the California Department of Education, awarded \$10.7 million in grants to 35 school districts and county offices of education throughout California to help combat school violence. The grants are part of the School Community Policing Partnership (SCPP) Program, which offers competitive grant funding for the development of partnerships between schools, law enforcement and the community to deal with school crime and safety issues.

With the state facing severe budget cuts, it is more important than ever to maintain school safety programs to protect our children. If our schools aren't safe for students, we will only put our future economic health at greater risk due to weaker academic achievement levels. The SCPP program funds additional law enforcement officers on campus and in the community to work with troubled youth and their families; activities for youth as an alternative to gangs and violence; early identification of children who need help; and case management of students exhibiting high-risk behavior.

School resource officers make house visits if there are truancy problems, refer families to appropriate agencies for help and can arrange transportation for students when needed.

Last year, Officer Mark Oliva from the Redding Police Department, assigned as a school resource officer funded by the SCPP Program, reported that through his work in youth athletic programs for at-risk youth, he learned of a student who was threatening to harm the school and its staff. Officer Oliva talked to this student, and found that he was deeply troubled, having problems with his stepfather and "crying out for help." Through Officer Oliva's work, not only were hundreds of

innocent students protected from potential tragedy, but the troubled child was taken to the Mental Health Department where he was given the help he needed.

Many other school safety strategies have been funded through the SCPP program:

The Greenfield Union School District in Bakersfield was able to hire a sheriff's deputy to do intensive enforcement and prevention activities in the high-crime area surrounding Fairview Elementary School. During this time, reports of willful cruelty to children fell 28 percent, of grand theft decreased 22 percent and of vandalism went down 80 percent.

"Project Success" was implemented at Irvine High Schools and Creekside Continuation High School in Irvine, to enhance support systems for high-risk youth. A Youth Leadership Academy was formed, with 62 percent of participating students improving their academic performance.

The Monterey Peninsula Unified School District hired a school resource officer and formed a collaboration with many community-based organizations to address truancy, including holding parents accountable for their children's absence from school. As a result, district average absences dropped 28 percent at middle schools and 24 percent at the high school level.

Through these and other measures, the SCPP program has helped reduce crimes by and against children, improved class attendance, increased academic achievement and improved the feeling of safety on and near the campus. As a result, our state is making a sound investment in the future economic health of our residents and California.

A list of this year's grant recipients may be viewed at <http://www.safestate.org/index.cfm?navid=227>. Additional information about the program is available through my Crime and Violence Prevention Center at www.safestate.org.

Visitacion Valley Dental Office Albert Kuan, D.D.S.

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You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

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Pat Crocker: Director

Understanding a RAW Deal for California

by Jon Coupal

We've all heard "good news, bad news" jokes. Well, the good news is that California convinced Wall Street to lend us \$11 billion so that we could pay some bills that are about to come due. The bad news is that, in order to pay this \$11 billion back, we'll have to borrow even more money in September. California's approach to fiscal management is a revolving charge card. Unfortunately, this is no joke.

A RAW is a Revenue Anticipation Warrant, a form of borrowing used to get us from one fiscal year to another. Think of it as closing the books on June 30th and realizing – whoops – you're \$11 billion short. RAWs are different from RANS (Revenue Anticipation Notes) which are generally thought of as short term borrowing within a fiscal year. RANS are more common because tax receipts come in sporadically during the year and we need something to even out the peaks and valleys. On the other hand, the fact that we needed RAWs just to stay afloat, reflects serious problems with the way California is being managed.

The \$11 billion RAW sale on June 11th was notable for the fact that few people noticed. Other than finance experts and those who like to – or have to – monitor the budget debacle, average Californians were unaware of the sale, let alone the stunning magnitude. According to Reuters News, this was the largest short term bond sale in world history.

So what should average Californians – who consider it a minor miracle if they can balance their own checkbooks – know about the RAWs? Well, a few things. First, there is a demand on Wall Street for California bonds. Indeed, there were 52 bids from various brokerages totaling \$38 billion for the \$11 billion's worth of RAWs. More than three times the supply. Does this mean Wall Street thinks California has its act together? Hardly. Never mistake the self-interest of those involved in the underwriting and marketing of public debt for confidence in California's political leadership. If Wall Street really had confidence in California, we would not have the lowest credit rating of any state. (The ratings of these particular bonds were high because California shelled out an additional \$84 million for a form of insurance to make the debt instruments more marketable. Question: How many teachers or CHP officers could we have hired or retained for \$84 million?)

Second, notwithstanding California's reputation on Wall Street as la la land, the actual cost of borrowing the \$11 billion was low. Indeed, our governor and controller are virtually hreaking their arms trying to pat themselves on the back for "saving Californians millions of dollars." But as anyone who has recently refinanced their mortgage knows, the reason for the low cost is that interest rates are in the basement. Rather than claiming credit (no pun intended) Gray Davis and Steve Westley ought to thank their lucky stars for Alan Greenspan.

Third, the need for RAWs reflects gross fiscal mismanagement by those we elect to run the state. We didn't need to borrow \$11 billion because tax revenues have disappeared. Indeed, even with sputtering California economy, we will take in about as much revenue as we did about 3 years ago. Don't blame the taxpayers for not doing their job. Unlike the state, they grasp the simple concept of not spending more money than you have.

Fourth, voters are deprived of their right to approve this massive amount of debt. The California Constitution clearly requires statewide voter approval for debt over \$300,000. The last time we checked, \$11 billion was a heck of a lot more than three hundred grand. Although those "self-interested" Wall Street types referred to above have carefully crafted California case law to create exceptions to voter approval, a lawsuit challenging the RAWs might nonetheless be in order.

Fifth, the ease with which California secured \$11 billion in bonds will surely exacerbate this state's growing

reliance on debt. Like the credit card companies who send you offers with eye-popping credit limits, Wall Street has no hesitation on getting us hooked on more debt. After all, they make lots of money. But California taxpayers have to figure out what's in our best interest and borrowing money to pay off last year's loans is just not smart.

Sixth, the biggest difference between credit card debt and the RAWs – besides all the zeros – is that if a consumer gets overextended, they can always declare bankruptcy. Not a pleasant prospect, to be sure, but a viable option for those who lack self-restraint. And although cities and school districts can also seek bankruptcy protection, states cannot. We simply pass the debt onto our children. That alone should be a wake up call. Making our kids pay for a RAW deal is not the kind of legacy we should be leaving.

Jon Coupal is an attorney and president of the Howard Jarvis Taxpayers Association – California's largest taxpayer organization with offices in Los Angeles and Sacramento. He can be reached through the association's website, www.hjta.org

Following the Evolution Of Immune System Care

Did you know your body's first line of immune defense is what scientists call GALT, Gut-Associated Lymphoid Tissue? The GALT is comprised of many islands of immune system cells sprinkled throughout the stomach and intestinal lining. It acts like a separate organ in our bodies to help defend against bacteria and germs. But GALT doesn't resist everything that enters the body; therefore humans can take supplements to assist the body's natural immune defenses.

From soup to science, centuries of natural immunity enhancers have proven to be beneficial as humans attempt to stay healthy throughout the year.

Early 20th Century: Chicken Soup – Comforting and warm, chicken soup was a soothing solution of the past. Although mom's homemade recipe tasted delicious going down, the real value may have been its steam and much needed liquids for your body.

1970s: Vitamin C – Based on his experiments, Nobel Prize-winning chemist Linus Pauling championed megadoses of vitamin C as a way to support the immune system. Vitamin C rich foods such as oranges, grapefruits and kiwis are well known for their immune enhancing and antioxidant properties.

1979: Zinc – When leukemic toddler Karen Eby wasn't feeling well and couldn't swallow her prescribed zinc, her father insisted she let it melt in her mouth. Based on the unexpected immune-enhancing results, two doctors began researching zinc's benefits as an immune system supplement. Unfortunately, many of the extras added to improve the bitter, metallic flavor of zinc lozenges may hinder its effects.

Early 1990s: Echinacea – The power of this flower, originally recognized by North American Plains Indians, reached \$230 million in sales nationwide in 1998, making it one of the nation's top five herbal supplements.

2002: ImmunoLin – The dawn of the new millennium brings the next generation of immune support ingredients: ImmunoLin. ImmunoLin supplements a person's level of immunoglobulins (or antibodies) to support the body's natural defenses and boost the immune system. The use of oral immunoglobulins for immune support is backed by scientific studies.

"Consumers want natural ways to strengthen and care for their immune systems, as witnessed by the millions of people who have popularized products such as Echinacea and vitamin C," explains Luke Bucci, Ph.D., vice president of research for Schill's Vitamins. "ImmunoLin harnesses an important ingredient in a concentrated formula and delivers it in a choice of convenient forms, including daily support tablets and great-tasting drink mixes."

by JPS

The Awesome Apple Why an Apple a Day Keeps the Doctor Away

We're all familiar with the age-old saying, "an apple a day keeps the doctor away." But, do you know why this frequently uttered phrase is true?

According to nutritionists, both apples and apple products are loaded with a variety of nutrients that have been shown to help maintain your health:

- *Just one apple contains as much soluble fiber as a piece of whole wheat bread or a half cup of raw broccoli. This type of dietary fiber has been shown to both help maintain healthy cholesterol and blood sugar levels.

- *Apples, apple juice and apple sauce are great sources of both the natural sugar, fructose and water-which provide a natural source of energy to keep you moving and hydrated throughout the day.

- *At just 80 calories, an apple is a low-calorie, tasty treat for those watching their weight.

- *Apples and apple products contain between 3 and 8 percent of the Daily Value for potassium. Consuming 3,500 milligrams of this essential nutrient each day may help reduce high blood pressure.

- *Apples are also a good source of the antioxidant vitamin C. This antioxidant aids in guarding the body against damaging free radicals, those nasty compounds that accumulate in our bodies and ultimately wreak havoc on our healthy cells. Apples provide about 10-15 percent of the recommended daily intake (DV) of vitamin C.

On top of all of those fabulous nutrition facts, apples are naturally 100 percent cholesterol, fat, and sodium free-which make this fruit a nutritious nibble for those concerned with their heart's health.

As you can see, there are a number of reasons to dive into a jar of applesauce or grab an apple for an on-the-go treat. However, researchers only recently discovered the true power behind one of America's favorite fruits.

In the September 2002 issue of the

Hundreds Attend Valley Middle School Graduation

From Page 1

Annual State Testing

VVMS students put their brains in gear and worked hard during the annual state testing, with results to be posted in August. This year's testing had 100 percent participation.

Unfortunate Cutbacks at VVMS

Due to the cutbacks facing public education in the coming school year, VVMS will have five less teachers and lose some of its valued programs. Total loss of funding exceeded \$500,000 dollars, according to Principal Dierke.

American Journal of Clinical Nutrition, Dr. Paul Knekt and colleagues reported that eating apples regularly may help reduce the risk of asthma, heart disease, lung cancer, stroke, and type 2 diabetes. This is just one of several studies that have linked health benefits to a newly discovered class of compounds that are abundant in both apples and a variety of apple-based foods.

"Nutrition scientists have identified other disease fighting compounds, besides vitamin C, in apples," explains Dr. Jeffrey Blumberg, an associate director and chief of antioxidants research laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University. He explains that these compounds, called flavonoids, are powerful antioxidants that are associated with reducing the risk for many diseases associated with aging-such as cancer, heart disease, and Alzheimer's.

According to nutrition researchers at Cornell University, almost all of the apple's disease-fighting fury comes from these recently revealed phytonutrients. "Just one small fresh apple with the peel (approximately 100 grams) provides the total antioxidant activity equal to 1,500 milligrams of vitamin C," states Dr. Rui Hai Liu, assistant professor in the Department of Food Science at Cornell. And, "while it's the peel that's highly concentrated in these phytonutrients, all parts of the apple contribute to its health-protecting benefits," says Lori Stern, R.D., a nutritionist with Mott's Inc., the nation's leading producer of branded apple juice and sauce.

But, the good news doesn't stop there. If you're a fan of applesauce and apple juice, research has found that these foods contain many of the same nutrients found in the whole apple. Just remember, every time you pour yourself a glass of refreshing 100-percent apple juice, dive into a jar of applesauce, or grab a piece of this fantastic fruit, you're not only satisfying your sweet tooth; you're also helping your body defeat disease. *NAPS*

VVMS will lose both art and computer classes along with a P.L. teacher and one 6th grade math/science teacher. Also cut will be one clerical position. Class size – which averaged 21 students – will now rise to 31.

"We can look forward to a challenging year ahead," said Principal Dierke. "It will mean that we will need greater communication and support from the parents and our students if we are to continue our academic and social improvements at the school."

We Must Honor Our Commitment to Veterans

by John J. Politi

George Washington once wrote "the willingness of future generations to serve in our military will be directly dependent upon how we have treated those who have served in the past." Today, however, antiquated laws and under-funded budgets are preventing former service members from receiving benefits and entitlements due them as a result of their service in our nation's armed forces.

Disabled veterans, for example, are required to forfeit one dollar of retired pay for every dollar of disability pay they receive due to a law dating back to 1890. In 2002, Congress authorized a special pay that will help a limited number of these retirees. Hundreds of thousands, however, still await "concurrent receipt" of these two distinct benefits.

Veterans also face challenges in the Department of Veterans Affairs (VA) health care system. Severe funding shortfalls have led to extreme wait-times for appointments and health care rationing.

Inequities can also be found in the Survivor Benefit Plan. Today, retirees cover 75 percent of the costs of the program through their premium payments, 15 percent more than the government envisioned. Some have paid these premiums for more than 30 years. To add insult to injury, the annuity awarded to surviving spouses drops from 55 to 35 percent of retired pay at age 62.

The opportunity to honor these commitments is fading fast, as more than 1,000 veterans are dying each day. America's "Greatest Generation" will not be with us much longer.

The contributions of former service members to the liberties and freedom we cherish today cannot be overstated. Many paid the ultimate price in defense of country and they should never be forgotten. But for those who remain-who also sacrificed so much-we can do much better. Action must be taken now to correct the inequities affecting those who have served the United States with patriotism, pride and dignity.

John J. Politi is the Chairman of the Board of the Air Force Association for more information, visit the Air Force Association's Web site at www.afa.org or write to The Air Force Association, attn: Policy and Communications, 1501 Lee Highway, Arlington, VA 22209-1198.

NAPS

Kids Should Count on Math for Future Careers

It may come as a surprise to some, but whatever future career your youngsters contemplate, mathematical skills and concepts will almost certainly be a part of it.

"Generating excitement for math by relating math skills to real-life applications will help children become more engaged in the subject and develop the confidence and understanding of math they will need throughout their lives," says Richard E. Bavaria, Ph.D., vice president of education for Sylvan Learning Center.

Professionals around the country described how math plays an important role in their job. Here are a few examples:

- *Anesthesiologists see numbers everyday as they monitor blood pressure, heart rate, breathing and level of consciousness during surgery.

- *Computer game programmers use trigonometry to create realistic and interesting interface graphics. Physics is also very important to making realistic 3D games.

- *Sportscasters calculate batting averages, earned run averages and other statistics.

- *Politicians use math to manage the budgets necessary to run the government and count their votes.

- *Marine captains need maps, compasses and mathematics to find the best route for troops, the distance to the next destination and how long it will take to reach a specific location.

- *Pilots must be able to quickly calculate various levels of math problems to determine flight paths, fuel requirements and the maximum weight requirements for a safe flight.

- *Police officers reconstruct traffic accidents using mathematical formulas to calculate vehicle speed, time and distance.

by JPS

Congratulations to Visitation Valley Middle School's Graduating Class of 2003

Munel Adams, Monica Agnew, Christopher Almoquera, Jennifer Amaechi, Shafia Anwar, Jayson Artates, Asif Aslam, Ennque R. Ayalde, Jr., Brianna Marie Bannisler, Crislina Barba, Annette Barreto, Cynlhia Marie Bellinger, Meena L. Bubakar, Lucy Cai, Martha Eloisa Calderon, Jimmy Cam, Allison Marie Carter, Francisco Casey, Kit Wa Angela Chau, Brian Chen, Ri Hong Wesley Chen, Winnie Y. Chen, Ye Yuan (Andy) Chen, Jia Yu Cheng, Alvin Gin Man Cheung, Raymond Chow, Melody Chu, Timothy Chuc, Arthur Clark, Racquell Clark, Joseph Stuart Cole, Derrick Maurice Connors, Mark Andrew Cortez, Ronli Darren Crosley, Greshawn M. Daggs, Karry Dang, Marquila Davis, Roxanne Rems Dela Cruz, Dante Demitrius Dixon, Gregg Dockins, Carina Kiara Douglas, Monique Douglass, Amanze Emenike, Alan Fai Eng, Josephine Enriquez, Si Ran Emily Fan, Ray A. Farr, Jr., Jansen Randolph Francis, Ryan Christophe Gamboa, Jamil Andreas Gant, Samuel Gil, Cal Vance Glenn, Alejandra Gomez, Emilio N. Gonzales, Ivan Joshua Gonzales, Paul Gutierrez, Eugene "Ozzie" Hall, Justine Marie Harrison, Antonio K. Henco, Eduardo Hernandez, Judy Hoang, Jimmy Huang, Lisa Yan Huang, Xiu Xiu Huang, Hieu Ngoc Thanh Huynh, Jimmy Loc Tuan Huynh, Jack Jennings, Tiffany Jiang, Antonio Bruno Jones, April Denise Jones, Jeffrey Jones, David Frank Karkosza, Allen P. Kham, Edward King, Jr., Diona Knowles, Hui Yi Kuang, Raymond Kuang, Wendy Li Kwong, Alex Phong Lam, Eric Lam, Tanisha Landry, Colleen Lau, Jacky Lau, Lauren Julianne Lee, Man Ho Lori Lee, Iliganoa Leilei, Allen Jingliang Li, Connie Li, Sandy Li, Xiao-Feng (Ida) Li, Can Wu Jacky Liang, Jian Hong Bobby Liang, Enrun Davis Lin, Yong Kang Lin, Fa Steven Liu, Ryan Liu, Christina Marie Llarinas, Vaosa Logovii, Samuel Lopez, Joshua Jamir Love, Noelle Kim Luong, Hiu-Yan Mak, Tepora Malepeai, Michael Maraya, Jennifer Nicole Maxwell, Joshua Miguel Merritt, Henry Rodolfo Miron, Munib Mirza, Aziz H. Mohamed, Travlin Darrel Moore, Hector Munoz, Jr., Prescilla Ng, Philip Nguy, Annie Thanh Nguyen, Beverly Nguyen, Le Thi Nguyen, Harley Palaganas, Reyna Gregona Pedroza, Sierra Kathryn Pena, Daniella Pinzon, Michaela M. Ponce, Precious Marie Powell, Erwin Tolenlino Quion, Shavell Richard, Bobby Ray Richardson, Lea Ann F. Rillorta, Nelson Rivera, Rebecca Rivera, Krishell Robinson, Regina Rene Rogers, Sophia Rose Rubalcava, Abba Jean Santiago, Stephen Santos, Ulises Ernesto Santos, Piper Moses Savea, Nyonnoh Chea Sayon, Ernest Jia Ho Seto, Talha Shaikh, Yu Huan Shi, Joseph Anthony Smith, Robert Smith, Tamekka Stewart, Isaako Tagaloa, Annie Tan, Enmin Tan, Earl Thompson, Rafael Tolenlino, Dao Tran, Binh Tran, Erica Tran, Jenny Tran, Thomas Tran, Faatunilaua Tunai, Robert Turner-Bnslow, Annette Vagaut-Taamu, Jerome Vining, Jamar Walker, Lingli Wang, Saysha Warr, Dawn Wong, Johnson Wong, Johnson Wing Wong, Paulina Wong, Shi Wei Wu, Zhenchao Xiong, Zeru Yang, Calvin Yee, Mindy Yee, Ho Young, Danny Yu, Mumtaz Yusul, Andrew Zhao, Sandy Zhao, and Suzanne Zhu

Book Reviews

Getting A Handle on High-Tech Gadgets

If you're stumped when it comes time to program the digital video recorder, and your PDA still doubles as a paper weight, a new book may help you change all that.

The book explains how to use and get the most out of the high-tech gadgets that are becoming part of everyday life, such as digital cameras, GPS devices and satellite radio.

Written by business and technology consultant Nick Evans, the book focuses on 50 "hot" technologies and offers a step-by-step explanation of how to use them so they can simplify our lives.

Consumer Gadgets: 50 Ways to Have Fun and Simplify Your Life with Today's Technology...and Tomorrow's (Financial Times Prentice Hall) explores the benefits behind some of today's most popular gadgets and offers a glimpse into technology's future.

To Thine Own Self Be True

Family is important, says best-selling author Iris Krasnow, but so is oneself. With her children past "the clingy, love-Mommy phase," Krasnow rediscovered herself in middle age. She shares her journey in her latest book.

"Too often we look for happiness and definition in our jobs or marriages or relationships," writes Krasnow in *Surrendering to Yourself: You Are Your Own Soul Mate* (Miramax Books, \$24.95). "But jobs change. Loved ones leave, or die. Friends come and go. The only person who will never leave you, who you can totally trust, who will never let you down, is you. So you better know that person well, and love that person fully. Selves that are true are spiritually indestructible."

Krasnow says surrendering to yourself means living your truth, sifting through layers of false selves like an archeologist on a dig to get to your essence. It means probing for honest answers to questions such as "who am I?" and "who do I want to be?" and then confronting yourself head on, with all your fears and imperfections.

Through introducing us to people who have survived such life events as grave illnesses, the sudden deaths of loved ones and betrayal in relationships, Krasnow teaches us all a difficult lesson: develop unshakable soul power now, while you're strong, so that when your world unravels your self won't.

The writer feels that many people do not discover who they really are until after a tragedy has occurred. The death of a parent, the loss of a longstanding job, a terminal illness, a sudden end to a longtime relationship, all of these things can force you to confront yourself. *Surrendering to Yourself* shows you how and why to start this process from a position of strength, before life deals one of its inevitable blows.

In Loving Memory of Enola Maxwell

Purpose of Human Life

Does being happy make it easier to find one's purpose in life, or vice-versa? Can productive people teach us something about happiness? Do spiritual behaviors, such as prayer, love, worship, thanksgiving, and humility, propel us toward positive accomplishments that benefit ourselves and others?

These are some of the questions posed in a new book that explores the purpose of human existence.

In *Why Are We Created? Increasing Our Understanding of Humanity's Purpose on Earth* (Templeton Foundation Press, \$12.95), Sir John Templeton and Rebekah Alexander Dunlap use provocative questions and universal spiritual principles to stimulate the reader's imagination and encourage research that will help us live fuller and more meaningful lives.

Templeton and Dunlap consider the role humility plays in discovering why we are here and what our purpose may be and examine the relationship between love and humility. They also

explore the creative power of purposeful thinking-of choosing the quality of our thoughts and feelings.

The authors believe that no matter our level of success in the material world, it is through awakening our spiritual faculties that we can move closer to understanding our personal purpose in life, and the power of that purpose.

Helping to shed light on the possible connection between spiritual principles and human concepts is commentary from a wide range of sources, including the Scriptures, Mother Teresa, Albert Einstein, Edward O. Wilson, Emanuel Swedenborg, Emmet Fox, A.H. Maslow, Sir Isaac Newton, Dr. Albert Schweitzer,

Protecting Children from Abductions

While most parents teach their children not to talk to strangers, safety experts say that's less than half the battle—parents should also be focused on teaching children what to do if a stranger approaches and/or actually grabs them. Studies show once an abduction moves from verbal to physical, the vast majority of children simply don't know what to do. The news may seem particularly

and Archbishop Desmond Tutu, among many others.

Sir John Templeton was born in Winchester, Tennessee, went to Yale and then to Oxford as a Rhodes scholar. He is known for his astute investment skills on Wall Street and through the creation of the Templeton Mutual Funds. In 1987 he founded the John Templeton Foundation, and he currently funds the Templeton Prize for Progress in Religion.

Rebekah Alexander Dunlap is a retired Unity minister and author of numerous books on spirituality. To learn more, visit the Web site at www.templetonpress.org. *NAPS*

unnerving considering each year, the Department of Justice reports about 69,000 children are abducted, 1,000 of them every month by people who are not family members.

According to child psychologist Arthur H. Brand, empowering children to rescue themselves from abduction scenarios will not only help keep them safe, it could have a positive, anxiety-reducing effect as well. He says, parents should not be concerned that discussing abduction and teaching escape techniques will unduly frighten children.

Dr. Brand works as a consultant for a group that produces a new video and DVD called *Give Your Kids A Fighting Chance*. The program teaches children age 5 to 18 how to avoid and, if need be, escape from an attacker.

"Somewhere between 'don't talk to strangers' and placing a child's photo on a missing poster, there exists a painful gap," says Paul Stanley, a father who helped create the video after his son was nearly abducted by a stranger. "As a society, we're focused on collecting finger prints and DNA samples, but we've never prepared our children to rescue themselves should they be grabbed by an abductor. And that's what's missing! Parents need to teach their children how to fight back and get away when an abductor approaches and grabs them so we don't have to hang posters and submit prints anymore."

The *Fighting Chance* method was created by the Israeli military for their citizens and is taught by specialists, Rick Seid and Guy Dar on the video. The instructional video enlists several youngsters, to teach techniques that empower children to recognize and avoid dangers and for the first time, how to disable an abductor and rescue themselves if need be.

The New York Times reported that the tactics covered in the video make it possible for a 5-year-old to get away from a full-grown man. The video also demonstrates how to avoid being forced into a vehicle and escape or, once in the vehicle, how to disable it and the driver, bring attention to the scene and escape.

"Our kids are unprepared for what could be the most terrifying experience of their lives," says instructor Rick Seid. "It's time to say, 'Should the unthinkable occur, we can instruct the child on how to escape a dangerous situation!'"

Parents can download 50 safety tips by visiting the video's Web site at www.kidsfightingchance.com. DVD/VHS copies of *Give Your Kids A Fighting Chance* can also be purchased on the site or by calling toll-free at 800-572-7308. *NAPS*

Attitude is Everything

Michael is the kind of guy you love to hate. He is always in a good mood and always has something positive to say.

When someone would ask him how he was doing, would reply, "If I were any better, I would be twins!"

He was a natural motivator.

If an employee was having a bad day, Michael was there telling the employee how to look on the positive side of the situation.

Seeing this style really made me curious, so one day I went up to Michael and asked him, "I don't get it! You can't be a positive person all of the time."

How do you do it?"

Michael replied, "Each morning I wake up and say to myself, you have two choices today."

You can choose to be in a good mood or ... you can choose to be in a bad mood. I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or ... I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or ... I can point out the positive side of life, choose the positive side of life.

"Yeah, right, it's not that easy," I protested.

"Yes, it is," Michael said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood. You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live your life."

I reflected on what Michael said. Soon thereafter, I left the Tower Industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that Michael was involved in a serious

accident, falling some 60 feet from a communications tower. After 18 hours of surgery and weeks of intensive care, Michael was released from the hospital with rods placed in his back.

I saw Michael about six months after the accident. When I asked him how he was, he replied, "If I were any better, I'd be twins. Wanna see my scars?"

I declined to see his wounds, but I did ask him what had gone through his mind as the accident took place.

"The first thing that went through my mind was the well-being of my soon to be born daughter," Michael replied. "Then, as I lay on the ground, I remembered that I had two choices: I could choose to live or ... I could choose to die. I chose to live."

"Weren't you scared? Did you lose consciousness?" I asked.

Michael continued, "... The paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the ER and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read 'he's a dead man. I knew I needed to take action.'"

"What did you do?" I asked.

"Well, there was a big burly nurse shouting questions at me," said Michael.

"She asked if I was allergic to anything." "Yes, I replied." The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, "Gravity."

Over their laughter, I told them, "I am choosing to live. Operate on me as if I am alive, not dead."

Michael lived, thanks to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully. Attitude, after all, is everything. Therefore do not worry about tomorrow, for tomorrow will worry about itself.

Each day has enough trouble of its own. After all today is the tomorrow you worried about yesterday.

SLUG Offers Composting and Gardening Classes

**Worm Composting* Saturday, July 12, 10 a.m.-12 noon. Turn your kitchen scraps into rich fertilizer for your plants. Come join a certified Community Composting Educator to learn the basics of composting with a worm bin! Garden for the Environment, 7th Ave. at Lawton St. Free!

**Gardening with Children* Saturday, July 19, 10 a.m.-12 noon. Gardens are outdoor classrooms that ignite a sense of wonder in kids and adults alike. Learn how art, math, science, language and drama are integrated as garden curriculum. Engage in activities that teach the cycles of plant life from seed, to flower, to fruit, to decay or compost. We'll discuss unique management techniques that create a safe and interactive learning environment for kids. Teachers, parents and kids are all welcome. Garden for the Environment, 7th Ave. at Lawton St. \$10 SLUG members, \$15 non-members; Kids are free! Pre-registration required. Please call SLUG's Education Dept. at (415) 255-4493 to pre-register..

**Introduction to Permaculture* Saturday, July 26, 1-4 pm Permaculture is a relatively new term for the age-old practice of tending the land by mimicking the

systems and cycles of the natural world. Sheet mulching, water catchment, edible landscaping, and other permaculture techniques will be demonstrated along with an introductory lecture on permaculture design principles and resources in an urban setting. Workshop sponsored by the Crissy Field Center, Building 603 in the Presidio at Mason and Halleck streets; \$15. Pre-registration required, call (415) 561-7752.

Healthy Ideas

*There's good news for many of the 17 million Americans living with diabetes. A new type of therapy may help reduce the number of health risks associated with diabetes and make treating it easier. Currently, many people who take insulin to treat diabetes adhere to strict sleep and meal schedules, timing their shots with food intake. The new therapy involves using an insulin pump. The pump lets patients switch from as many as three shots per day to just one insertion every two to three days. To learn more about pump therapy (which is covered by most insurance plans, Medicare and Medicaid), see your doctor, visit www.minimed.com or call 1-866-646-4633.

*According to recently released guidelines by the National Kidney Foundation (NKF), more than 20 million Americans have chronic kidney disease and another 20 million are at risk. The foundation urges all Americans—especially those at risk—to get tested for kidney disease. According to the new guidelines, supported by Amgen Inc., there are three simple tests for anyone who is at increased risk: blood pressure, urine tests to check for protein and a blood test to estimate the level of kidney function. For more information about chronic kidney disease, call the National Kidney Foundation at (800) 622-9010.

*It may surprise some people to learn that your pet's health could provide insight into your risk of infection. The American Lyme Disease Foundation reports that Lyme disease in dogs is an indicator of increased risk for infection in their owners. The group recommends annual testing of dogs to help keep them and their owners healthy. If you notice these symptoms in your four-legged friend, it's a good idea to have your dog and yourself screened for Lyme disease. For more information, visit www.lymetest.com.

*Visits to the doctor's office or hospital these days usually include a side trip for clinical laboratory tests. Now, you can find out what those tests are, why they were ordered and what the results mean in understandable terms on the new, easy-to-use Web site, *Lab Tests Online*. The site, at www.labtestsonline.org, is designed to help patients and caregivers better understand the many clinical lab tests that are part of routine care, diagnosis and treatment of a broad range of conditions and diseases. In addition to detailed test descriptions, the site also addresses such relevant topics as the meaning of reference ranges, home testing and test reliability.

*Bipolar disorder, also known as manic depression, affects between three and 12 million Americans, but few realize that they have the illness. Help for these individuals is now available at a Web site, www.bipolarawareness.com, which is devoted to helping people recognize the signs of bipolar disorder and learn about services and questions to ask their doctors. The patient education center provides facts and resources about this devastating illness, which is often misunderstood and misdiagnosed. The center is available on WebMD.

*Increasingly, technology is helping cardiologists get to the heart of patient care. A system that improves upon the common procedure of using a catheter in cardiac procedures. Researchers have now combined imaging technology with magnets to create a system that can remotely direct and digitally control catheter-based devices along complex paths within the body. The image-guided, computerized, magnetic navigation and control system, called Artis-Niobe, stems from the combination of Siemens' ANIOM Artis dFC Magnetic Navigation Imaging System and Stereotaxis' Niobe Magnets. To learn more, visit www.siemensmedical.com. *NAPS*

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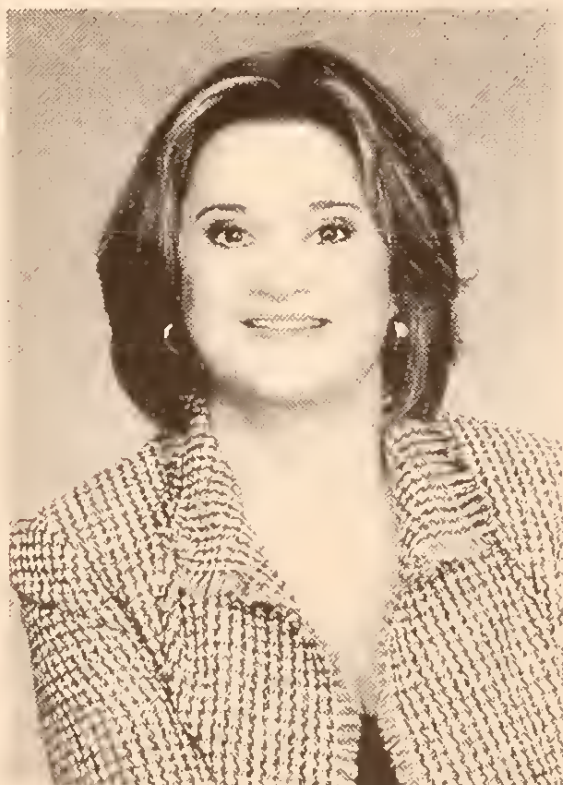
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M O U N D S V I L L E N C V S A Q N M Z

Beckley	Dunbar	Moundsville	Saint
Bluefield	Elkins	New	Albans
Bridgeport	Fairmont	Martinsville	South
Buckhannon	Grafton	Nitro	Charleston
Charleston	Huntington	Oak Hill	Teays
Cheat Lake	Hurricane	Parkersburg	Valley
Clarksburg	Keyser	Pea	Vienna
Cross	Martinsburg	Ridge	Weirton
Lanes	Morgantown	Princeton	Wheeling

Historic Proportions

- Match clues to answers.
- 1925
1. Skyscrapers are banned here as health hazards on Nov. 2.
 2. Elected mayor of New York on Nov. 3.
 3. Winner of Rose Bowl on Jan. 1.
 4. New auto company started on June 6.
 5. Famous magazine makes its debut on Feb. 21.
 6. New leader of China on Mar. 12.
 7. U.S. troops sent here on Apr. 19 to protect foreigners during revolt.
 8. A new currency for Austria on Mar. 2.
 9. About 250,000 steel workers go on strike here on Apr. 8.
 10. Navy dirigible exploded and crashed here on Sept. 3.
 11. World Series winners in seven games on Oct. 15.
 12. Became a British colony on May 1.
 13. First Surrealist Exhibition held here on Nov. 14.
 14. Greek troops invaded this country on Oct. 22.
 15. Elected president in Germany on Apr. 25.
 16. Germany signed a treaty of commerce with this large country on Oct. 12.
 17. Adolph Hitler published his notorious book on July 18.
 18. Convicted in July *Monkey Trial* for teaching theory of evolution.

Five Years Ago In the Grapevine

JULY 1998

*The City and County of San Francisco submitted a request to HUD for the release of Community Development Block Grant Program funds to undertake the Britton Street Family Housing.

*Both the Visitation Valley Task Force and the Leland Avenue Merchants Association announced a Leland Avenue Community Meeting to be held at the Visitation Valley Community Center on July 23.

Did You Know?

*Perfectly good foods that may have gone to waste are making it to the plates of schoolchildren across the country. Thanks to the National School Lunch Program, which uses surplus agricultural commodities made available through the USDA's Farm Service Agency Commodity Operations, American children are fed nutritious and affordable meals every day at school. The National School Lunch Program is one of three Child Nutrition Commodity Programs that support American agricultural producers by providing cash reimbursements for meals served in schools, but also by providing nutritious, USDA-purchased food.

*Lights! Action! Download! A new movie download service enables U.S. customers to download hit movies directly to their computer. The service, called Movielink.com, offers nearly 300 contemporary and classic feature-length films—Academy Award winners, family favorites, action thrillers, romantic comedies and more. Customers can access Movie link.com free of charge—including browsing the wide selection and viewing theatrical trailers, clips and photos. Once ready to watch a movie, customers simply pay for their rental with a credit card. Prices range from \$2.95 to \$4.99 and each download is valid for up to 30 days.

*When dedicated goof-offs can't avoid home improvement projects, they look for the easy way out. When you finish painting the dining room, do you spend the whole day scrubbing and scraping latex paint splatters off the floor? Now, you can just wipe them away as you go with Goof Off Wipes. This new product takes goofing off to a high form of the art. For the first time, consumers can immediately eliminate any evidence of their goofs with these convenient, disposable, premoistened towels, the latest addition to the Goof-Off family of removers and cleaners.

*Americans' recycling efforts have amounted to more than just a drop in the bucket. They have made a splash with both the environment and the economy. In 2001 alone, Americans' recycling efforts saved enough energy to power Washington, D.C. for four and a half years. However, statistics from Alcan show that nearly half of the 100 billion cans sold in the U.S. in 2001 were not recycled (2001's recycling rate was a 15 year low). Consumers can visit www.alcan.com to learn ways to organize or participate in can drives.

*A 10-year-old refrigerator uses twice as much energy as a new ENERGY STAR qualified model, say experts at the U.S. Department of Energy. That's why ENERGY STAR is encouraging the three R's foraging refrigerators and other inefficient appliances: retiring it, recycling it into new steel, and replacing it with an ENERGY STAR qualified model. ENERGY STAR is a government-backed program helping businesses and individuals protect the environment through superior energy efficiency. To learn more, visit www.energystar.gov, or the Steel Recycling Institute's Web site, www.recycle-steel.org.

*Volunteers of America reports that about one-third of its roughly 60,000 volunteers are seniors. Those seniors help with a wide variety of human service programs in more than 40 states. Volunteers of America is a national, nonprofit, spiritually based organization providing local human service programs and opportunities for individual and community involvement. For more information about senior volunteer programs, call Volunteers of America at 800-899-0089 or visit www.VolunteersofAmerica.org.

*According to experts at America's Community Bankers, you may be heading for financial hot water if you are having difficulty making even minimum payments on what you owe, making payments late or finding that more cash is going out than coming in. There are ways a lender can help you put your financial house in order, such as modified loan terms, debt consolidation loans and financial counseling. To learn more, visit www.americancommunitybankers.com.

*According to a recent survey conducted by Briggs and Stratton and the National Wildlife Federation, children strongly influence adults' environmental actions and beliefs. Kids can learn how to maintain that positive influence and do

even more for Mother Nature by visiting www.tuneupmonth.com/kids. The site includes fun facts, environmental tips, quizzes and information about National Mower Tune-Up Month.

*With improvements in health care, longer life spans and growing opportunities for elder workers, it's estimated that by 2010 there will be more workers over the age of 55 than under 24. While some retirees are too strapped financially to forgo working altogether in their golden years, many work not because they have to, but because they enjoy it. For example, Mary Wells, 83, has been working at a St. Louis-area Jack in the Box restaurant for more than two years. Wells, who keeps busy assisting with food preparation and maintaining the dining area, works as much for the camaraderie as she does for the paycheck.

*Experts suggest that before you begin cleaning, you prepare one bucket of supplies to bring with you to every room. Try to cut down on products by using multipurpose cleansers and all-in-one cleaning tools, such as Scotchbrite Switchable Scrubbers. These products come in a variety of handle sizes but the best part is that the brush head can be changed depending on your cleaning task, so they will do the trick for most cleaning jobs. Also, as a part of your prep, bring a garbage bag with you to throw out any waste you find along the way.

*Small businesses have temporary relief from the estate tax through The Economic Growth and Tax Relief Reconciliation Act of 2001 (HR1836). Still, 33 percent of the Alliance for Affordable Services members responding to a recent survey, feel the best thing Congress can do for small businesses is permanently repeal the tax, currently scheduled to be reinstated in 2011.

*Many detergents on the market contain two ingredients that can wreak havoc on your dishes, the environment and most importantly your health. The first is chlorine, say experts at Seventh Generation, a leading brand of natural household cleaning products. The second ingredient to avoid when purchasing dishwashing detergents is phosphates. There are automatic dishwashing detergents that are both chlorine- and phosphate-free. Seventh Generation offers a Free & Clear Auto Dish Powder.

As a Matter of Fact

*Prior to 1750, coasters originally came with small wheels so drink could be moved across the table. Sometimes shaped like tiny wagons, they were also known as sliders.

*The first known use of O.K. was in the New York New Era in 1840 as part of a name: The Democratic O.K. Club. O.K. was an abbreviation for Old Kinderhook, a nickname for future president Martin Van Buren. Kinderhook, New York was Van Buren's birthplace.

*The world's longest tunnel is Seikan in Japan. Completed in 1985, it spans 33.49 miles

*The Grand Slam in golf is made up of the Masters, the U.S. Open, the British Open and the PGA Championship.

*The odds against a bridge player getting all 13 cards in the same suit in one deal are about 158,753,389,899 to one.

*Rugby, North Dakota is considered the geographic center of the North American continent.

*Because he and President Andrew "Old Hickory" Jackson were so close, James Polk was often referred to as "Young Hickory."

*The term skyscraper was first applied to The Auditorium building. Built in Chicago, it was completed in 1889. It was ten stories tall.

*The world famous Panama hat is actually made in Ecuador. The majority of them are distributed through Panama.

*Written in 1814, the Star Spangled Banner did not become the national anthem of the U.S. until 1931.

*Domestic cats can purr while they are inhaling and exhaling. Wildcats only purr while exhaling.

*Traditionally, in Italy, time was reckoned around a 24-hour day starting at sunset. That's how the hours near sunset came to be known as the Italian hours.

*Sidebums got their name from General Amrose Everett Burnside, who was easily identified by his mutton-chop whiskers. This style was first known as burnside.

*In Greek mythology, the fates were three goddesses who controlled human life. Clotho spun the web of life, Lachesis measured it and Atropos cut it.

*Food was first served on a commercial airplane in 1919.

*The \$100,000 bill, with Woodrow Wilson's portrait on the front, was printed only for use in transactions between the Federal Reserve System and the Treasury Department.

*The first nickelodeon – now called a movie theater – was established in McKeesport, Pennsylvania in 1905 by John P. Harris and Henry Davis.

*The three metropolitan areas with the highest projected job growth in the next 30 years are all in Florida. They are Punta Gorda, Orlando and Naples.

*In 1912, Massachusetts passed the first minimum wage law in the United States.

*The Sesame Street characters Bert and Ernie were named after characters in the film *It's a Wonderful Life*.

*Charles F. Kettering perfected the electric self-starter for automobiles, and General Motors demonstrated it, in 1910.

*According to Celtic legends, the hazel tree is the tree of knowledge.

*A *Dutch striking* is when a clock chimes every hour on the half-hour, but with a different tone from when it chimes on the hour.

*According to one survey, there are now a record number of billionaires in America – nearly 200.

*Skippers, blues, coppers and hair-streaks are all kinds of butterflies.

*The poinsettia is named for Joel Roberts Poinsett, an American diplomat.

*The first 18-hole gold course in the United States opened in Chicago in 1895.

*The phrase *court shoes* described to the English what Americans referred to as dress shoes.

*The term restaurant was first used by Boulanger who opened the first establishment of its kind in 1765.

*In 1909, the U.S. became the 12th country in the world to embrace the British Boy Scout movement and establish a scouting program.

*In music, the term *rubato* means "with a freedom of tempo."

Sump, the Grump



Visitation Valley Police Log

*May 9: 10:30 a.m., 100 block of Arleta Ave., burglary of residence, forcible entry.
*May 11: 4 p.m., 000 block of Garrison Ave., burglary of residence, forcible entry.
*May 12: 5:05 p.m., Santos St. & Blythdale Ave., robbery, bodily force.
*May 13: 6:20 a.m., Visitation Ave. & Cora St., robbery on street, strongarm.
*May 14: 9:35 p.m., 100 block of Schwerin St., robbery on street with gun.
*May 16: 12:23 p.m., 400 block of Raymond Ave., aggravated assault with deadly weapon.
*May 17: 10:06 p.m., 300 block of Sawyer St., attempted robbery on street with gun.
*May 19: 9:30 a.m., 100 block of Maynard St., burglary of residence, forcible entry.
*May 23: 3:55 p.m., Geneva & Brookdale Aves., attempted robbery with bodily force.
*May 24: 1:30 p.m., Santos St. & Velasco Ave., robbery, bodily force.
*May 25: 10:10 a.m., Santos St. & Velasco Ave., robbery, bodily force.
*May 28: 6:45 a.m., Santos St. & Brookdale Ave., grand theft, purse snatch.
*May 28: 12:30 p.m., 000 block of Raymond Ave., burglary, store under construction.
*May 29: 9:52 a.m., 700 block of Rutland St., aggravated assault of police officer, bodily force.
*May 29: 1:30 p.m., 1200 block of Sunnydale Ave., burglary of residence, unlawful entry.
*June 1: 7 p.m., 200 block of Hahn St.,

Recipe Corner

Peanut Butter and Fruit Pita Pockets

1 large crisp apple, peeled, cored and finely diced; 1 medium Bartlett pear, peeled, cored and finely diced; 1 ½ tablespoons raisins; 2 teaspoons orange juice; 3 tablespoons super chunk peanut butter; 4 large lettuce leaves or 8 large spinach leaves; 2 whole wheat pitas, about 2 ounces each
Combine diced apples, pears and raisins with orange juice and let stand for 5 minutes. Add peanut butter and mix well. Wash and dry lettuce or spinach leaves. Tear lettuce into pita-size pieces. Warm pita in toaster on lowest setting. Cut pita in half, and carefully open each half to make a pocket. Line each pocket with lettuce or spinach leaves and spoon in equal portions of fruit mixture. Serve and enjoy. Serves 4 as a snack or 2 as a meal portion.

NAPS

grand theft from person.
*June 3: 1 a.m., 900 block of Girard St., burglary of residence, unlawful entry.
*June 5: 3 p.m., 200 block of Blythdale Ave., burglary of residence, forcible entry.

VA Questions & Answers

Q: What sort of benefits will VA provide to the veterans of Operation-Iraqi Freedom?
A: The men and women who served in Iraq during combat are eligible for the same array of VA benefits that went to veterans of other conflicts. That includes GI Bill home-loan guarantees, educational assistance and disability compensation. Each of these programs has its own eligibility rules. Iraqi Freedom veterans are also covered by a new benefit. For two years after their discharge, veterans who served in the combat zone can receive VA health care for problems related to their military service without having to prove the connection. Details are available at the nearest VA health care facility.
Q: Has the government changed its position about not providing a VA headstone if a veteran's grave already has a headstone?
A: Yes. That rule has changed. Now, veterans who died since Sept. 11, 2001 can receive a VA headstone even if their graves already have a privately-provided headstone. This change in the rules applies to everyone eligible for a VA headstone, including veterans, people who die on active duty and some reservists. The government will ship the headstone or marker free of charge, but it won't pay for placement. VA will replace headstones and markers previously provided by the government if they are badly deteriorated, illegible, stolen or vandalized.

Q: VA is reducing premiums for life insurance for the military. Are reductions planned in premiums for veterans?
A: VA has reduced premiums for Veterans Group Life Insurance (VGLI) three times in the last four years. No further reductions are planned. Another VA-run program, Service members' Group Life Insurance (SGLI), will have a major premium cut in July. Premiums are decreasing from 8 cents for each \$1,000 of coverage to 6.5 cents. Information about VA's insurance programs can be obtained on the Internet at www.insurance.va.gov, by calling 1-800-419-1473, or by writing to the Office of Servicemembers' Group Life Insurance, 290 West Mt. Pleasant Ave., Livingston, NJ 07039.

For further information about VA financial payments, call 1-800-827-1000. For information about VA health care, call 1-877-222-8387. Or visit VA's web-page at www.va.gov.

From the D.A.'s Office

Two-Time Double Voter Charged with Felonies

District Attorney Terence Hallinan charged a local San Francisco contractor, Cornelius J. Keighran, for having voted twice in two different elections – the November 2000 general election and the November 2002 gubernatorial election. Mr. Keighran voted in both San Francisco and San Mateo County.
“Voting more than once is fraud and a corrupt influence on the electoral process said District Attorney Hallinan. “These kind of cases will be prosecuted.”
Paul Rutledge, an investigator with California Secretary of State Kevin Shelley's Elections Fraud Investigations Unit, investigated the case for Secretary of State Shelley and brought it to the District Attorney for prosecution. The case came to light during the course of a statewide review of voter records by the Secretary of State's office.
Violations of the California Elections Code can result in penalties that include state prison in an appropriate case.

Woman Pleads Guilty to Defrauding Insurers

A San Francisco woman has been convicted of defrauding two insurance companies with whom she had filed automobile accident insurance claims.
Claudia Ruffin, also known as Elizabeth Jones, 47, pled guilty recently to filing a fraudulent insurance claim and grand theft, both felonies, before San Francisco Superior Court Judge Julie Tang. Her formal sentencing was on June 20. Ms. Ruffin is expected to receive 16 months in state prison and be ordered to make full restitution to the insurance companies.
Ms. Ruffin was arrested in July 2002 on an arrest warrant prepared by the District Attorney's Office. The complaint alleged that she and a codefendant, Latanya Wysinger, conspired to defraud Allstate Insurance and State Farm Insurance in three claims filed with the insurers in 1999. Ms. Wysinger pled guilty in February to her part in the scheme.

The first fraudulent claim was with Allstate. In that case, Ruffin claimed her vehicle, in which Wysinger had allegedly been a passenger, had been struck by another driver who had no insurance. Ms. Ruffin claimed both property damage to her car and injuries to herself and Wysinger. Ruffin subsequently submitted a forged document from St. Luke's Hospital, falsely claiming she had incurred \$865 worth of medical treatment, forcing a relative of hers to pay for. As a result, Allstate reimbursed her for the fraudulent medical bill. Allstate also subsequently settled both Ruffin and Wysinger's claims for bodily injury and the vehicle's damage.

In her second automobile accident claim, Ms. Ruffin filed a property damage claim with State Farm Insurance. She claimed the other driver, a State Farm insured, had hit her car door as she was exiting from her vehicle. The other driver strenuously insisted Ruffin had opened her door into his car as he drove by. Ruffin had Wysinger, a longtime friend, pose as a disinterested third party witness who supported Ruffin's version of the accident to the insurance adjuster in an interview.

Based upon this allegedly “neutral” witness's rendition, State Farm decided the fault was their insured's and paid over \$2,000 to Ruffin to settle her claim.

Within a few weeks of settling the second claim, Ruffin and Wysinger went to the office of a State Farm agent where Ruffin applied for auto insurance on the same vehicle she had used in the previous two claims. Ms. Ruffin made numerous false statements in applying for the policy, including: denying she had ever had insurance before, stating she did not have her vehicle at the agent's office for inspection because she was still in the process of purchasing it, that she had never owned a vehicle before, that she had never had an automobile accident before, and that there was no existing damage on her vehicle. Based on these misrepresentations, the agent's office agreed to issue her a policy. When the agency contacted Ruffin five days later to inquire about some discrepancies in her application, Ruffin told them she had already had an accident since they issued her the policy. She claimed her vehicle had been struck by a hit and run driver, on the same car door that she previously claimed damage on in the second claim a month earlier.

A few weeks later, both Ruffin and Wysinger gave statements to a State Farm investigator. Both gave false statements regarding the most recent accident and their identities. Wysinger, like in the previous claim, claimed she was passing by when the hit and run driver allegedly hit Ruffin's vehicle door. Ms. Wysinger also claimed she had been injured while trying to help Ruffin put her door back in place afterwards. Ms. Ruffin, who was then going by the name Elizabeth Jones, denied ever using other names, and Wysinger, then going by the name Latanya Ruffin, denied ever using any other names. Ms. Ruffin eventually withdrew this claim and Wysinger's claim of injury was later denied. An examination of photographs of the damage from the third and second claims by an expert on accident reconstruction from the California Highway Patrol determined that the damage was identical and therefore from the same impact, not two separate accidents.

After a lengthy investigation, involving reviewing numerous insurance claim files, investigators from the California Department of Insurance's Fraud Division brought their findings to the District Attorney's Office. The DA's Insurance Fraud Unit then prepared the arrest warrants for Ruffin and Wysinger for insurance fraud and grand theft.

“The conviction and sentence in this case show that we treat automobile insurance fraud as a serious crime in San Francisco,” said District Attorney Hallinan. “We want people to know that if they

Muni Light Rail Coming!

Visitation Valley Jobs, Education and Training is conducting workshops on how to get into one of 26 building trade apprenticeship programs. For information on enrolling in one of these state-approved and paid training programs, contact Ann Williams for orientation and intake dates at VVJET, (415) 239-2866.

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commit this kind of offense here, they will be prosecuted to the fullest extent of the law,” Hallinan said.

A Vacuum Cleaner To Become Attached

There are many different vacuum cleaners out there, but which one is right for you? Here are some valuable tips from the cleaning experts at Dirt Devil Vacuums and CleanStream Filters that will help you find the perfect match.

*Up with uprights! Upright vacuum cleaners have added features and onboard tools that make them versatile, easy to use, and effective, especially for cleaning large areas.

*Bag the bags. Select a bagless model so you'll have no messy bags to change or buy. Many models feature a clear dirt container so you'll know exactly when it needs hassle-free emptying.

*Check the filters. Buy a vacuum cleaner with a cleanable filter. Instead of using ordinary or microfiberglass filters, choose a newer material that is more durable, nonstick and easy to clean so you can use it over and over again. “Filters that meet these guidelines enhance the performance of a vacuum and protect it from premature wear,” said Michael Debes, technical leader on the CleanStream filter team at W.L. Gore & Associates. “They also prevent particles from re-entering the atmosphere after they've been collected in the vacuum.”

*Feel the power. Do a little homework on amps and suction. Twelve amps is the maximum allowable amperage for upright vacuum cleaners. To verify exactly what the vacuum offers, check the unit's patent plate (generally located on the base of the unit).

*Inspect the gadgets. Consider the vacuum's design and features. Many design enhancements not only make it easy to clean, but are also helpful to those with physical challenges or limitations, such as arthritis. Crevice tools, telescopic extension wands, furniture brushes and other unique options, such as triangular-shaped attachments, are great for cleaning hard-to-reach places where dust and dirt accumulate.

NAPS

Grapevine Want Ads

VOLUNTEERS WANTED for WVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, WVCC After School coordinator, (415) 585-2059.
A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines; small children's furniture; writing and/or art supplies, educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.
GRAPEVINE DISPLAY ADVERTISING now half off regular rates for a limited time. Full Page \$75, 1/2 Page \$40, 1/4 Page \$22.50, 1/8 Page \$12.50, 1/12 Page \$7.50. Discount for three or more insertions. Call (415) 467-9300 for more details. **Want Ads:** 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Visitation Valley Business Directory

Valley business and organization free listings in the 415 area code Call the Grapevine at (415) 467-9300.

AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450
T.W. AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880
BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAKERS
CUNEO BAKERY, 96 Leland Ave., 239-6090
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
BARBERS
DeMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOR (JB), 178 Leland Ave., 239-6709
BEAUTICIANS
ANGEL COIFFURES, 5 Leland Ave., 239-9891
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6900 WHO'S BAD?, 224 Leland Ave., 657-3156
BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506
BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333
CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382
CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451
CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950

IGLESIA EL ESPIRITU SANTO, 38 Leland Ave
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
COFFEE
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
PICCOLO PETE'S EUROPEAN COFFEE, 2155 Bayshore Blvd., 467-2442
OAY CARE
CAROUSEL OAY CARE, 261 Hahn St., 469-5353
DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500
DEVELOPERS
GENEVA VALLEY DEVELOPMENT CORP., 333 Schwenn St., 587-7895
ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657
FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145
GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
GROCERS
E-Z STORE MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wide St., 467-3024
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTS TOR, 2145 Geneva Ave., 585-0878

PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
SARI-SARI FOOD STORE, 58 Leland Ave., 239-0580
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEDDY'S MARKET, 298 Teddy Ave
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520
HERBS
SAN ON HERBS, 33-A Leland Ave. 333-7469
HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
INSURANCE
ROBERT LEHMAN, CLTC, CMFC, 333-0850
KITCHEN CABINETS
LEE CHANG INTERNATIONAL, INC., 25 Leland Ave., 333-2730, fax 333-1706
LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH INTERNATIONAL, 83 Leland Ave. 333-9167
COIN WASH & DRY LAUNDRY, 186 Leland Ave
FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
LEARNING
3-IN-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

LODGING
THRIFT LODGE, 2011 Bayshore Blvd., 467-8811
MANUFACTURER
NATIONWIDE PAPER, 345 Schwerin St., 586-9160
MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwerin St., Appointments 715-0310
OR SAM HO, MD, 9 Siltman St. No. 4, 337-6135
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Dryang Patel) 2858 San Bruno Ave. 467-7500
NOTARY
ROYAL PACIFIC MORTGAGE & REALTY, 46 Leland Ave., 333-4900
ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499
PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811
PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401
POST OFFICE
VISITACION USPO, 68 Leland Ave., (800) 275-8777
REAL ESTATE
Cathy Kline Saunders, (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex. 163
RESTAURANTS
CLIFF'S BAR-B-Q & SEAFOOD, 2177 Bayshore Blvd 330-0736, Fax 330-9813
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
SUN FAI RESTAURANT, 30 Leland Ave., 587-2763
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252
SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141
TWO JACK'S RESTAURANT, 167 Leland Ave., 337-0433
Y & G RESTAURANT, 73 Leland Ave., 469-5686
SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marlene Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608
SERVICE PROVIDERS
THE VILLAGE, 333 Schwenn St., 239-5045
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING (VVBESST), 120 Leland Ave., 586-7347
VISITACION VALLEY COMMUNITY CENTER (VVOCC), 50 Raymond Ave., 467-6400
VVOCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwenn St., 239-2866
SIGNS
SMITH'S SIGNS, 153 Leland Ave. 333-2700
TAVERN
THE CLUB HOUSE, 25 Blanken Ave
TELEPHONE
O & A WIRELESS, 78 Leland Ave. 452-4139
VIDEO
SIN FUNG VIDEO, 144 Leland Ave. 586-1038

Federal Agencies Crack Down on Health Fraud

The Federal Trade Commission (FTC) and the Food and Drug Administration (FDA) announced coordinated actions against two companies both charged with promoting the dietary supplement "Seasilver" with unsubstantiated medical claims. The agencies' actions against Seasilver USA, Inc. and Americaloe, Inc. are designed to halt the fraudulent marketing of Seasilver and to seize the available inventory of the product. These actions are the latest part of Operation Cure.All, an on-going coordinated effort among the FTC, the FDA, Health Canada, Canada's Competition Bureau, and state Attorneys General to crack down on unscrupulous marketers who prey on consumers with serious illnesses.

The FTC has charged the two companies, their owners, the principal distributor, and a purported "expert" with making false and unsubstantiated claims about the health benefits and safety of a product they market called "Seasilver" - a purported cure-all liquid supplement. The FTC alleges that the defendants promoted Seasilver as safe and effective to treat or cure 650 diseases, including AIDS and cancers, and to cause substantial and permanent weight loss. The FDA has seized inventories of the product.

"The FTC and the FDA are committed to aggressive action against fraudulent claims in the dietary supplement market," said Timothy J. Muris, Chairman of the FTC. "Like the snake oil salesman of old, Seasilver claimed to cure 650 different health problems, including such serious diseases as cancer, AIDS, and diabetes. These claims may keep consumers from seeking appropriate treatment. They certainly empty consumers' pockets."

"This is the sort of intolerable health fraud I had in mind when I announced six months ago that the FDA will take

Burton High School Closes After Shooting

Burton High School was closed for the day June 23 following the shooting of a 16-year-old youth near the Mansell Street campus. Students had been registering for classes during the first day of summer school when the incident occurred at around 10 a.m.

vigorous actions against firms that prey on consumers and patients by selling worthless dietary supplements as cures for serious and chronic diseases and conditions," said Mark B. McClellan, M.D., Ph.D., the FDA Commissioner. "Using these ineffective products is worse than wasting money - it may cause irreparable harm by delaying or replacing approved treatments that can bring actual health benefits."

In a complaint filed in federal district court in Nevada on June 12, the FTC alleges that two Carlsbad, California-based companies, Seasilver USA, Inc. and Americaloe, Inc., their principals, Bela and Jason Berkes; Brett Rademacher, doing business as Netmark International and NetmarkPro; and David R. Friedman, D.C., violated the FTC Act by making false and unsubstantiated claims for Seasilver. Seasilver is a liquid multi-vitamin/mineral/amino acid dietary supplement that purports to contain, among other ingredients, aloe vera, phyto-silver (purportedly a plant-based silver), sea vegetables, the herb Pau D'Arco, and cranberry concentrate. A 32-oz. bottle of Seasilver costs \$39.95.

According to the FTC, the defendants promote Seasilver through national television and radio infomercials, Web sites at www.seasilver.com and www.myseasilver.com/main, spam e-mails, and a glossy 28-page consumer brochure. The defendants publicly claimed that Seasilver USA earns \$180 million annually from selling Seasilver. The FTC alleges that the defendants' ads and promotional materials represented that Seasilver: (1) treats or cures cancer; (2) enables nine out of ten diabetes patients to stop their insulin medication; and (3) causes rapid, substantial, and permanent weight loss without dieting. The FTC charges that these and other claims go beyond existing scientific evidence on any of the ingredients contained in the product, and are false and unsubstantiated.

In addition, the complaint alleges that the defendants represented, without scientific support, that Seasilver treats or cures AIDS, diabetes, Lyme disease, and various cancers; cures chronic obstructive pulmonary disease; enables post-heart attack

patients to reduce their heart medication; eliminates high blood pressure; and is 100 percent safe for pregnant and lactating women, senior citizens, children, and infants. Finally, the complaint alleges that defendants provided deceptive advertisements and promotional materials to distributors for use in their marketing and sale of Seasilver.

At the FTC's request, on June 13, the federal district court issued a temporary restraining order prohibiting the defendants from making the challenged claims and freezing their assets. In addition, the FTC is seeking preliminary and permanent injunctive relief, including restitution to consumers who purchased the product.

On June 16, acting at the FDA's request, the United States Attorney for the Southern District of California filed a complaint seeking the seizure of Seasilver USA's Seasilver product. On June 17, United States Marshals seized 132,480 bottles of Seasilver, worth nearly \$5.3 million from Seasilver USA's San Diego headquarters. The Government's complaint alleges that, although Seasilver USA markets Seasilver as a dietary supplement, it promotes it on the Internet and in marketing materials sent with the product as a treatment for serious diseases including cancer, diabetes, hypoglycemia, psoriasis, hepatitis, and arthritis. These claims cause Seasilver to be an unapproved new drug under the Federal Food, Drug, and Cosmetic Act (the Act). Such claims also cause Seasilver to be misbranded under the Act because it lacks adequate directions for use. Seasilver's labeling also contains claims such as "cleanses your vital organs" and "oxygenates your body's cells." According to the complaint, these claims show that Seasilver is intended to affect the structure or function of the body. Because the claims are unsubstantiated, Seasilver is misbranded under the Act.

In addition to the violations caused by its product claims, Seasilver USA has had ongoing sanitation problems at its manufacturing facility. As recently as December of last year, FDA cited the company for using equipment that cannot be properly cleaned and for permitting its employees to work the production line in street clothes. Employees in facilities like Seasilver USA's must wear garments that

New Traffic Lights on Bayshore Boulevard



New traffic lights were recently installed on Bayshore Boulevard at Tunnel Avenue, just one of many improvements to come in the following months.

protect against contamination of food and food containers.

Operation Cure.all The multi-jurisdictional nature of these deceptive marketing practices, particularly with the growth of the Internet, requires law enforcement organizations, domestically and internationally, to work in full cooperation to combat the problem effectively. In its continuous efforts

through Operation Cure.All, the FTC, FDA, Health Canada, Canada's Competition Bureau, and state Attorneys General are working cooperatively to detect and deter fraudulent marketing of health-related products. For additional information on Operation Cure.All, see the FTC's Cure.All Web site at <http://www.ftc.gov/bcp/contline/edcams/cureall/index.html>.

Ten Essential Items for Every Utility Closet

Keep your utility closet organized by taking the time to clean out old or useless stuff and replace it with the following 10 items that assist in any household chore:

1. Mop - Make sure that there is a fresh mop to clean up spills.
2. Bucket - A sturdy bucket with a good handle is essential. Cleaning is easier when you can carry cleaning agents and water from room to room.
3. Broom and Dustpan - Broken glass and crumbs can be swept up easily into a dustpan using a hard-bristled broom. Plastic dustpans can help avoid scratching delicate flooring.
4. Fire Extinguisher - Every home should have a fire extinguisher. In an emergency, it can mean the difference between minimal and maximum damage.
5. Shelf Liner - It's helpful to have a supply of multi-purpose, non-adhesive shelf liner. Duck® brand offers shelf liner in a variety of designs and colors for every

need. Use shelf liner in drawers and shelves to create a protective barrier between the items and the surface. It's easy to clean and its non-slip backing helps keep it in place.

6. Duct Tape - A staple item. When you need a quick fix, it's helpful to have duct tape on hand.

7. Light Bulbs - Stock up on a variety of light bulbs with various wattages to accommodate any lighting needs.

8. Extension Cord - Many indoor and outdoor projects require power tools. Different length extension cords make getting around the yard and home easier.

9. Super Glue - Broken objects can be repaired with heavy-duty glue. One to try is Loctite Super Glue. Its precise applicators let you apply glue accurately.

10. Flashlight - Keep a flashlight in the closet so you know exactly where to find it in an emergency such as a sudden power outage.

NAPW

Family & Community Services Center

Visitacion Valley Community Center, Inc.



Fathers' Support Group
11 a.m. to 12 noon.
Third Friday of Each Month

Facilitator: Meriam T. Abalos
Coordinator, Visitacion Valley
Family/Community Services Center.
Please call 586-6998 to sign up.

For more information regarding workshops and activities, please contact the following staff members at (415) 586-6998:

Meriam T. Abalos, Coordinator
Jamaica Stevenson-Jackson
Ellen Lee-Zhou

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161 Leland Avenue

Parent Drop-in Information and Referral
Every Tuesday and Wednesday
from 10 a.m. to 12 noon and
2:30 to 3:30 p.m.

Free books and clothes for children

Free neighborhood grocery pantry
every Friday from 2:30 to 4:30 p.m.

First come, first served! We need volunteers
during set-up, distribution and clean-up.

Please call 586-6998 to sign up or contact
Meriam T. Abalos, Coordinator.

We appreciate all your help!

We need clothes, toys, books and donations for children.

Programs are open to African-Americans,
Latino/Hispanics and Asian Pacific Islanders:
Chinese, Filipino, Vietnamese, Samoan
and all interested groups of people.

(415) 586-6998 Fax 586-8027